

# Feng Shui and Color

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**White** (metal element): White represents confidence and purity, and is used mostly in combination with gold and silver to generate a calm atmosphere, but it needs other colors for balance.

**Yellow** (earth element): Yellow stands for sunbeams, warmth, motion, cheerfulness and friendliness. Yellows that are too intense, however, can create anxiety.

If you find choosing color a daunting task, I offer color

consultations to develop a color palette that will ignite your home and life in colorful Qi and enhance your health, wealth and happiness.

<p><b>WEALTH &amp; PROSPERITY</b> "Gratitude"</p> <p>REAR LEFT</p> <p><u>Wood</u> Blues, purple &amp; reds</p>	<p><b>FAME &amp; REPUTATION</b> "Integrity"</p> <p>REAR MIDDLE</p> <p><u>Fire</u> Reds</p>	<p><b>LOVE &amp; MARRIAGE</b> "Receptivity"</p> <p>REAR RIGHT</p> <p><u>Earth</u> Reds, pinks, &amp; whites</p>
<p><b>HEALTH &amp; FAMILY</b> "Strength"</p> <p>MIDDLE LEFT</p> <p><u>Wood</u> Blues &amp; Greens</p>	<p><b>CENTER</b> "Earth"</p> <p>Yellow &amp; earth tones</p>	<p><b>CREATIVITY &amp; CHILDREN</b> "Joy"</p> <p>MIDDLE RIGHT</p> <p><u>Metal</u> White &amp; Pastels</p>
<p><b>KNOWLEDGE &amp; SELF CULTIVATION</b> "Stillness"</p> <p>FRONT LEFT</p> <p><u>Earth</u> Black, blues &amp; greens</p>	<p><b>CAREER</b> "Depth"</p> <p>FRONT MIDDLE</p> <p><u>Water</u> Black &amp; dark tones</p>	<p><b>HELPFUL PEOPLE &amp; TRAVEL</b> "Synchronicity"</p> <p>FRONT RIGHT</p> <p><u>Metal</u> White, grey &amp; black</p>

"Front Door"

## Feng Shui Basics

Feng shui (Wind and Water) is the practice of arranging your environment so that energy or "Qi" flows gently and smoothly through your home or business. Feng shui is not a meditation practice, a religion, or a New Age cult. In fact, its origins are thousands of years old. Feng shui is based on the concept that everything in your environment has a life force or energy. Just as Qi flows through your body, Qi also flows through your living environment. When the energy flow is stagnant, stuck, obstructed or moves too quickly, unbalanced Qi may lead to ill health, domestic strife or financial concerns. Professional feng shui adjustments can help you make sure, energetically, that everything in your environment supports your wish for good luck, good health, harmonious relationships and prosperity.



Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating "Space as Medicine" Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. For more info, visit [www.mandalafengshui.com](http://www.mandalafengshui.com), email [spaceharmony@gmail.com](mailto:spaceharmony@gmail.com), or call (520) 647-4887.

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